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Reasonable Adjustments for my health appointment

What are reasonable adjustments?



Reasonable adjustments are things that you need

- to make it easier for you to go to a health appointment
- and talk to someone about your health.



The law says you should get reasonable adjustments when you go to a health appointment if you need them.



We want to know what reasonable adjustments you need.



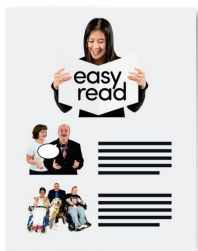
Please answer **Yes** or **No** for the sentences on the next pages.

Your answers will tell us what we can do to make your health appointment easier for you.

NHS Sussex

Sussex Partnership
NHS Foundation Trust

Before my appointment



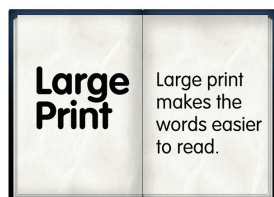
I need information in **easy read**.

Easy read is simple words with pictures.

Yes


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No


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I need information in large print.

Yes


☐

No


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I need more time to talk to the doctor or nurse.

Yes


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No


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I need the first or last appointment of the day.

Yes


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No


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I need a doctor or nurse to visit me at home.

Yes


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No


☐


If you need a home visit, can you tell us why?

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.....

When I arrive at my appointment



I need to come at quiet times because I find it difficult to wait for a long time.

Yes

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No

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I need to wait outside until you are ready to see me.

Yes

☐

No

☐

I need to wait away from other people.

Yes

☐

No

☐

I do not like loud noises or bright lights.

Yes

☐

No

☐

I need to meet people and see the area and equipment before I am treated.

Yes

☐

No

☐

I can get very nervous at appointment times and need my supporter to be with me.

Yes

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No

☐

During my appointment

How to talk to me



Talk to me first, and then my supporter.

Yes


☐

No


☐


If I use a wheelchair, please talk to me and show me things at my level.

Yes


☐

No


☐


Take your time and use my name when you talk to me.

Yes


☐

No


☐


Use short, simple sentences when you talk to me.

Yes


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No


☐


Ask me if I have a special communication book or Health Action Plan.

Yes


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No


☐


My supporter will help you to understand my needs and answer your questions.

Yes


☐

No


☐



I need support to understand treatments.

Yes


☐

No


☐


I need objects of reference to touch to help me understand what is happening in the appointment.

Yes


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No


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Support

I need someone to sign Makaton or British Sign Language.

Yes


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No

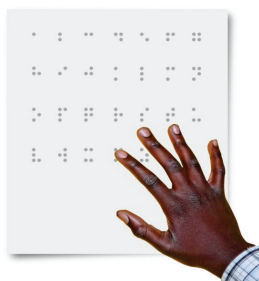

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I need an interpreter.

Yes


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No


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I need information in Braille.

Yes


☐

No


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My supporter will help me to understand the written information.

Yes


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No


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My mobility needs



I use a wheelchair.

Yes


☐

No


☐


I use specialist seating.

Yes


☐

No


☐


You must provide a hoist if I need to be moved.

Yes


☐

No


☐


I need support to stand up, sit down, and move around.

Yes


☐

No


☐


I will need a sling.

Yes


☐

No


☐


I have my own sling to bring to the appointment.

Yes


☐

No


☐

My support needs for a health procedure



I need support with **health procedures**.

Health procedures are things like having an injection, a blood test, or a blood pressure test.

Yes


☐

No


☐


Tell me what you are going to do before you do it.

Yes


☐

No


☐


Give me time to think about what you have said.

Yes


☐

No


☐


Ask me if I am ready before you do anything.

Yes


☐

No


☐


Yes

I will let you know I am ready by:

.....

.....

Yes


☐

No


☐


For example, saying okay, nodding, or signing.



I might need medication to help me feel relaxed.

Yes

☐

No

☐

I need help with moving for a **physical check**.

A **physical check** is when the doctor needs to look at different parts of your body.

Yes

☐

No

☐

My mental health and wellbeing



I might get anxious.

Yes

☐

No

☐

I might get upset.

Yes

☐

No

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I might get angry.

Yes

☐

No

☐



I might get frustrated.

Yes

☐

No

☐

I might get scared.

Yes

☐

No

☐

If I feel any of these emotions, sometimes I do this:



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You can support me by:

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At the end of my appointment



Please tell my supporter about any appointments.

Yes

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No

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I need to wait somewhere quiet for a while before I go home.

Yes

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No

☐

Other things that will help me



These are some of the other things that will help me in a health appointment:

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The Involvement Matters Team (IMT) is East Sussex County Council's reference group for adults with a learning disability.

This easy read document has been advised on, checked and approved by
IMT.